



The Kid Collection

The Kids Collection

Covers the basic 5 food groups in an organized and in-classroom friendly format. This collection is ready to use to educate and create nutrition awareness for in-class room activities, as the teacher sees fit. Activities are flexible and can be used in a quick 15 minute lesson or expanded on for an hour long lesson. Activities vary by age range (1st-3rd & 4th-6th grade).

Details

Professional Level for the Toolkit:

- Teachers
- School Nurses
- Dietitians
- Coaches

Suggested Professional Use:

- Classroom presentations for active instruction or at-home activities.
- Use to develop a personal class lesson plan.

Comprehension Level for the Journey:

- Parents to guide their students

Note

Each lesson is appropriate as a stand alone exercise. It is not required to teach them in any particular order. If you choose to use all lessons and would like them to build on one another it may be beneficial to teach them in the order listed under *Toolkit Items*.

Note

At the beginning of the nutrition lesson draw a circle on a piece of white paper and section it off into four quarters. You will use this circle as an imaginary dinner plate for each lesson. As you teach each lesson you can add the appropriate color until you have filled each section on the plate with the appropriate color for each food group.

1. **Great Grains:** Color the top right section of the circle orange.
2. **Vibrant Veggies:** Color the bottom left area green.
3. **Fantastic Fruit:** Color the top left section red.
4. **Powerful Protein:** Color the bottom right purple.
5. **Delicious Dairy:** Draw a blue circle separate from the dinner plate, near the grains section. Color this circle blue (represents a glass of milk).

The “Smart Snacking” and “Get Active” lessons are bonus activities that will not have a place on the dinner plate, but still make



up an important part of overall health. The “Kids: Build a Healthy Plate” activity will review all concepts learned throughout each lesson. It is important to review all forms of foods from each food group. Each family’s dinner plate may not look exactly like the plate in the example, but all types of foods can fit!

Toolkit Items

- | | |
|---------------------|--------------------------|
| 1. Great Grains | 5. Delicious Dairy |
| 2. Vibrant Veggies | 6. Smart Snacking |
| 3. Fantastic Fruit | 7. Get Active |
| 4. Powerful Protein | 8. Build a Healthy Plate |

Journey Items

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|--------------------------------|----------------------------------|
| 1. Portable Super Snacks | 5. Protein Word Search |
| 2. Snack Tips for Kids | 6. Bone Builder Activity |
| 3. A Healthy School Lunch Tray | 7. A Fun Activity Maze |
| 4. Vibrant Veggies Crossword | 8. Fantastic Fruit Word Scramble |
| | 9. Great Grains Activity |